

# ADELAIDE INTERNATIONAL SCHOOL

## Weekly Newsletter: 20th May 2022

Volume 6, Issue 15

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### From the Principal



Dear Students, Staff, Parents/Guardians and members of our school community,

We apologise for the delay in sending this issue out to all of you. Key staff members have been unwell, and we have been busy behind the scenes organising our new formatting system for our weekly newsletter. Please let us know what you think!

### Wellbeing and Mindfulness Focus

Did you know? Adelaide International School is one of the first schools to offer the new Stage 1 (Year 11) and Stage 2 (Year 12) Health and Well-being courses. We are firmly committed to doing all we can to support our students to be their best. We teach them strategies to support them on this brave journey away from their immediate families and friends as international students.

#### Mindfulness Competition

Recently, we facilitated a Mindfulness Colouring Competition and invited students to participate in this project. The aim of the Mindfulness Competition was to allow students to focus on how they chose and applied colour in a design to bring their awareness to the present moment. Such mindfulness activities are

applied colour in a design to bring their awareness to the present moment. Such mindfulness activities are so simple for students to implement in their daily lives as needed. Research certainly shows such activities can positively impact one's sense of wellbeing. Give it a go.

Students submitted stunning pieces. After careful consideration, despite this being a difficult decision for our staff to choose only one winner, we are delighted to announce that Emma Zhou is the winner of the Mindfulness Colouring Competition.

### Emma's Winning Work:

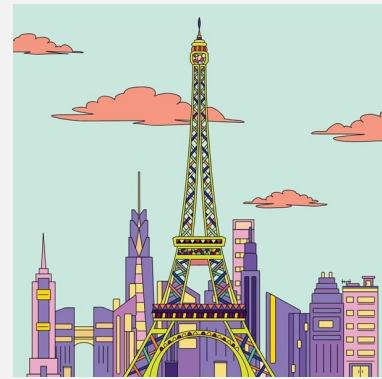


Emma received a voucher from AIS to put towards supporting her wellbeing or that of someone else in our community, as the prize for her great work. We thank everyone for their participation and effort.

### Emma's comment on mindfulness colouring:

*"When I am doing mindfulness colouring, I feel relaxed and mentally healed. Mindfulness colouring also makes me feel like the world is quiet. This activity let me find out how interesting mindfulness colouring is! I think I will continue doing mindfulness colouring in the future! And of course, I will recommend my brother and sister to do the colouring with me too!"*

### Other Student Commendable Work - Well Done!



On one of my last trips to Paris in 2019 prior to COVID, a local bookshop specialised in offering mindfulness activities for adults and young people, encouraging them to live in the moment. We all find wellbeing strategies that work for us. By talking about these and sharing ideas that have worked for us, we can help those around us – especially our young international students who so bravely juggle so much in their lives. Feel free to share any other strategies with us.

Sincere thanks to Ms Sally Xu, Adelaide International School Wellbeing Facilitator, for organising this learning initiative, and to Ms Zara Phillips as our specialist SACE Health and Wellbeing teacher.

## Examinations – Important Information for Students and Families

### Examinations

Examinations are part of the assessment schedule in the SACE program. At Year 12, exams contribute toward 30% of the grade for assessment. School assessed tasks, such as tests, essays, and research assignments, make up the remaining 70% of assessment.

Exams are an important part of the assessment schedule in many subjects, but not all subjects have an exam. For example, the Year 12 subjects Health and Wellbeing and Research Project, as well as others, do not have exams. Year 12 exams are written by the SACE Board, and Year 11 ones are provided by the school.

Exams assess the learning that has occurred in the assessment period of a subject; a six month subject such as EAL in Year 11 will have an exam that assesses six months work, while a 12 month subject, such as Specialist Maths in Year 12, has an exam which assesses a full year of learning. For subjects like Essential Maths at year 12, some topics are examinable and some are not. So, you can see exams work in different ways for different subjects and different year levels.

### Using Notes in exams in the SACE.

The SACE values learning and wants students to show their knowledge in school life in similar ways to how people would work in real life. In real life we often work with notes to help us.

For General Mathematics and Essential Mathematics, students may bring one unfolded A4 sheet (two

For General Mathematics and Essential Mathematics, students may bring one unfolded A4 sheet (two sides) of their own handwritten notes.

For Mathematical Methods and Specialist Mathematics, students may bring two unfolded A4 sheets (four sides) of their own handwritten notes.

Teachers check the notes sheets before each to see if the students have followed the rules for note sheets. Students will need to write their own notes sheets.

## **The question you want to ask yourselves as parents and students is, "What can I do to best prepare for exams?"**

Exam preparation is a skill. The specific skills required are different to those you use for homework and research work. For exams, you will need to memorise information, practice exam style questions, repeat difficult questions, study notes and doing previous exams. All of these need to happen over time, not the night before the exam.

### **Why start preparing now?**

Memorising and practicing take time. When we memorise important facts and practise certain skills over a long time, we commit the learning to long term memory. This is when our study skills really work for us. Time-management skills are usually associated with research tasks, essays and assignments however, study skill also need to happen over time.

### **Year 11**

Year 11 exams for Semester 1 courses begin in Week 6 of this term. (In 2 week's time)

Year 11 Maths for Specialist Math Tuesday 7 June - This is a 2 hour exam

Year 11 EAL is Wednesday 8 June - This is a 2 hour exam

Year 11 Maths for Maths Methods Thursday 9 June - This is a 2 hour exam.

These exams are internally assessed and occur on-site at AIS.

### **Year 12**

Year 12 exams are TRIAL exams. The students have not yet studied a full year course, so the exams will assess skills and content from the first 6 months only.

A full trial exam will occur closer to the final exam date.

Year 12 Specialist Maths Tuesday 26 July (Week 1 Term 3) This is a 130 minute exam.

Year 12 Essential Maths Tuesday 26 July (Week 1 Term 3) This is a 130 minute exam.

Year 12 EAL Wednesday 27 July (Week 1 Term 3) This is a 160 minute exam.

Please talk with your child about exam learning, and take time to point out the value of making study notes for each topic or skill learned. Get your child to show you their notes.

Thank you for supporting your child with this assessment type.

Ms Zara Phillips,  
Director of Teaching and Learning

## Absence of Principal – medical leave deferred – arrangements in place to support students and staff

Please be advised that due to COVID, Gina Kadis' medical leave has been postponed to July.

Don't hesitate to contact me if I can support you or your family on: [gina.kadis@ais.edu.au](mailto:gina.kadis@ais.edu.au)

Yours sincerely,  
Ms Gina Kadis  
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